

SQUAT PROGRAM

WEEK
1

JEFF NIPPARD'S

SQUAT PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 1: DAYS 1-4

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	2	85%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
SEATED GOOD MORNING	3	8	RPE7	2-3MIN						KEEP YOUR LUMBAR AND THORACIC SPINE NEUTRAL	
SNATCH GRIP DEADLIFT	2	10	RPE7	1-2MIN						KEEP YOUR LUMBAR SPINE NETURAL	
LYING LEG CURL	2	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
LEG EXTENSION	2	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
AB WHEEL ROLLOUT	3	8	RPE7	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 16

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE SQUAT	3	6	70%	3-5MIN						FULL 2-SECOND PAUSE. EXPLODE DURING THE CONCENTRIC	
BARBELL HIP THRUST	2	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	2	12	RPE8	2-3MIN						ELEVATE YOUR REAR FOOT	
SEATED HIP ABDUCTION MACHINE	2	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 12

DAY 3

LOWER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	75%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE8	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
KNEE-BANDED BARBELL BOX SQUAT	2	6	RPE7	2-3MIN						SET BOX TO PARALLEL. SIT BACK, KEEP YOUR KNEES OUT	
SEATED LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HANGING LEG RAISE	3	12	RPE8	1-2MIN						FOCUS ON FLEXING YOUR LUMBAR SPINE	

TOTAL SET VOLUME: 14

DAY 4

LOWER BODY #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
FRONT SQUAT	4	6	RPE7	3-4MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
LEG PRESS	3	15	RPE6	2-3MIN						DON'T ALLOW YOUR LUMBAR SPINE TO ROUND	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

WEEK
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JEFF NIPPARD'S

SQUAT PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 2: DAYS 1-4

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	2	87.5%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
SEATED GOOD MORNING	3	8	RPE7	2-3MIN						KEEP YOUR LUMBAR AND THORACIC SPINE NEUTRAL	
SNATCH GRIP DEADLIFT	3	10	RPE7	1-2MIN						KEEP YOUR LUMBAR SPINE NETURAL	
LYING LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
LEG EXTENSION	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
AB WHEEL ROLLOUT	3	8	RPE7	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 16

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE SQUAT	5	3	80%	3-5MIN						FULL 2-SECOND PAUSE. EXPLODE DURING THE CONCENTRIC	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	12	RPE8	2-3MIN						ELEVATE YOUR REAR FOOT	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 12

DAY 3

LOWER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	77.5%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE8	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
KNEE-BANDED BARBELL BOX SQUAT	2	6	RPE7	2-3MIN						SET BOX TO PARALLEL. SIT BACK, KEEP YOUR KNEES OUT	
SEATED LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HANGING LEG RAISE	3	12	RPE8	1-2MIN						FOCUS ON FLEXING YOUR LUMBAR SPINE	

TOTAL SET VOLUME: 14

DAY 4

LOWER BODY #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
FRONT SQUAT	4	6	RPE7	3-4MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	12	RPE8	2-3MIN						DON'T ALLOW YOUR LUMBAR SPINE TO ROUND	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

WEEK
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JEFF NIPPARD'S

SQUAT PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 3: DAYS 1-4

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	4	2	90.0%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
SEATED GOOD MORNING	3	8	RPE7	2-3MIN						KEEP YOUR LUMBAR AND THORACIC SPINE NEUTRAL	
SNATCH GRIP DEADLIFT	2	10	RPE7	1-2MIN						KEEP YOUR LUMBAR SPINE NETURAL	
LYING LEG CURL	2	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
LEG EXTENSION	2	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
AB WHEEL ROLLOUT	3	8	RPE7	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 16

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE SQUAT	3	6	72.5%	3-5MIN						FULL 2-SECOND PAUSE. EXPLODE DURING THE CONCENTRIC	
BARBELL HIP THRUST	2	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	2	12	RPE8	2-3MIN						ELEVATE YOUR REAR FOOT	
SEATED HIP ABDUCTION MACHINE	2	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 12

DAY 3

LOWER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE8	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
KNEE-BANDED BARBELL BOX SQUAT	2	6	RPE7	2-3MIN						SET BOX TO PARALLEL. SIT BACK, KEEP YOUR KNEES OUT	
SEATED LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HANGING LEG RAISE	3	12	RPE8	1-2MIN						FOCUS ON FLEXING YOUR LUMBAR SPINE	

TOTAL SET VOLUME: 14

DAY 4

LOWER BODY #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
FRONT SQUAT	4	6	RPE7	3-4MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	15	RPE8	2-3MIN						DON'T ALLOW YOUR LUMBAR SPINE TO ROUND	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

WEEK
4

JEFF NIPPARD'S

SQUAT PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 4: DAYS 1-4

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	1	2	95%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
BACK SQUAT	3	2	75%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
SNATCH GRIP DEADLIFT	2	10	RPE7	2-3MIN						KEEP YOUR LUMBAR SPINE NETURAL	
LYING LEG CURL	2	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
LEG EXTENSION	2	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
AB WHEEL ROLLOUT	2	8	RPE7	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 16

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE SQUAT	3	6	75%	3-5MIN						FULL 2-SECOND PAUSE. EXPLODE DURING THE CONCENTRIC	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	12	RPE8	2-3MIN						ELEVATE YOUR REAR FOOT	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 12

DAY 3

LOWER BODY #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE8	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
KNEE-BANDED BARBELL BOX SQUAT	2	6	RPE7	2-3MIN						SET BOX TO PARALLEL. SIT BACK, KEEP YOUR KNEES OUT	
SEATED LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HANGING LEG RAISE	3	12	RPE8	1-2MIN						FOCUS ON FLEXING YOUR LUMBAR SPINE	

TOTAL SET VOLUME: 14

DAY 4

LOWER BODY #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
FRONT SQUAT	4	6	RPE7	3-4MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	12	RPE8	2-3MIN						DON'T ALLOW YOUR LUMBAR SPINE TO ROUND	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

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JEFF NIPPARD'S
SQUAT PROGRAM

DELOAD WEEK / WEEK 5: DAYS 1 & 2

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	70%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
TOUCH-AND-GO DEADLIFT	2	8	60%	2-3min						FOCUS ON KEEPING YOUR LUMBAR SPINE NEUTRAL	
LYING LEG CURL	2	12	RPE6	1-2min						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
SINGLE-LEG LEG PRESS	2	10	RPE6	1-2min						DON'T ALLOW YOUR LUMBAR SPINE TO ROUND	
AB WHEEL ROLLOUT	2	5	RPE6	1-2min						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 11

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE SQUAT	3	6	75%	3-5MIN						FULL 2-SECOND PAUSE. EXPLODE DURING THE CONCENTRIC	
BARBELL HIP THRUST	3	10	RPE8	2-3MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
BULGARIAN SPLIT SQUAT	3	12	RPE8	2-3MIN						ELEVATE YOUR REAR FOOT	
SEATED HIP ABDUCTION MACHINE	3	15	RPE9	1-2MIN						FOCUS ON USING A FULL ROM	
STANDING CALF RAISE	3	8	RPE7	1-2MIN						PRESS ALL THE WAY ONTO YOUR TOES, DON'T BOUNCE	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

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JEFF NIPPARD'S
SQUAT PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 6: DAYS 1 & 2

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	1	AMRAP	85%	N/A						SIT DOWN, KEEP YOUR HIPS OPEN	
FRONT SQUAT	2	10	RPE6	2-3MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
TOUCH-AND-GO DEADLIFT	2	8	65%	2-3MIN						FOCUS ON KEEPING YOUR LUMBAR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
SINGLE-LEG LEG PRESS	3	10	RPE8	1-2MIN						START WITH YOUR WEAKER LEG	
AB WHEEL ROLLOUT	3	8	RPE8	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 14

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	5	3	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE7	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
BARBELL HIP THRUST	3	10	RPE8	1-2MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
SEATED LEG CURL	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
PLANK	3	30SEC	RPE8	1-2MIN						SQUEEZE YOUR GLUTES THE ENTIRE DURATION	

TOTAL SET VOLUME: 16

SQUAT PROGRAM

WEEK
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JEFF NIPPARD'S
SQUAT PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 7: DAYS 1 & 2

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	2	5	85%	N/A						SIT DOWN, KEEP YOUR HIPS OPEN	
FRONT SQUAT	2	10	RPE6	2-3MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
TOUCH-AND-GO DEADLIFT	2	8	65%	2-3MIN						FOCUS ON KEEPING YOUR LUMBAR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
SINGLE-LEG LEG PRESS	3	10	RPE8	1-2MIN						START WITH YOUR WEAKER LEG	
AB WHEEL ROLLOUT	3	8	RPE8	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 15

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	5	3	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE7	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
BARBELL HIP THRUST	3	10	RPE8	1-2MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
SEATED LEG CURL	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
PLANK	3	30SEC	RPE8	1-2MIN						SQUEEZE YOUR GLUTES THE ENTIRE DURATION	

TOTAL SET VOLUME: 17

SQUAT PROGRAM

WEEK
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JEFF NIPPARD'S
SQUAT PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 8: DAYS 1 & 2

DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	1	AMRAP	92.5%	N/A						SIT DOWN, KEEP YOUR HIPS OPEN	
FRONT SQUAT	2	10	RPE6	2-3MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
TOUCH-AND-GO DEADLIFT	2	8	65%	2-3MIN						FOCUS ON KEEPING YOUR LUMBAR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
SINGLE-LEG LEG PRESS	3	10	RPE8	1-2MIN						START WITH YOUR WEAKER LEG	
AB WHEEL ROLLOUT	3	8	RPE8	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 15

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	5	3	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE7	2-3MIN						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
BARBELL HIP THRUST	3	10	RPE8	1-2MIN						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
SEATED LEG CURL	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
PLANK	3	30SEC	RPE8	1-2MIN						SQUEEZE YOUR GLUTES THE ENTIRE DURATION	

TOTAL SET VOLUME: 17

SQUAT PROGRAM

WEEK

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DAY 1

LOWER BODY #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	2	3	90%	N/A						SIT DOWN, KEEP YOUR HIPS OPEN	
FRONT SQUAT	2	10	RPE6	2-3MIN						MAINTAIN A HYPEREXTENDED THORACIC AND LUMBAR SPINE	
TOUCH-AND-GO DEADLIFT	2	8	65%	2-3MIN						FOCUS ON KEEPING YOUR LUMBAR SPINE NEUTRAL	
LYING LEG CURL	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
SINGLE-LEG LEG PRESS	3	10	RPE8	1-2MIN						START WITH YOUR WEAKER LEG	
AB WHEEL ROLLOUT	3	8	RPE8	1-2MIN						KEEP YOUR GLUTES LOCKED OUT THROUGHOUT THE ROM	

TOTAL SET VOLUME: 15

DAY 2

LOWER BODY #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	5	3	80%	3-5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	
REVERSE HYPEREXTENSION	3	12	RPE7	2-3min						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
BARBELL HIP THRUST	3	10	RPE8	1-2min						KEEP YOUR RIB CAGE AND CHIN TUCKED DOWN. USE A PAD	
SEATED LEG CURL	3	15	RPE8	1-2min						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
PLANK	3	30sec	RPE8	1-2min						SQUEEZE YOUR GLUTES THE ENTIRE DURATION	

TOTAL SET VOLUME: 17

SQUAT PROGRAM

WEEK

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DAY 1

FULL BODY DELOAD	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	3	5	70%	5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	

TOTAL SET VOLUME: 3

DAY 2

REST	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
N/A	N/A	N/A	N/A	N/A						NO PHYSICAL ACTIVITY	

TOTAL SET VOLUME: 0

DAY 3

FULL BODY DELOAD	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	2	3	80%	5MIN						SIT DOWN, KEEP YOUR HIPS OPEN	

TOTAL SET VOLUME: 2

DAY 4

REST	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
N/A	N/A	N/A	N/A	N/A						NO PHYSICAL ACTIVITY	

TOTAL SET VOLUME: 0

DAY 5

TESTING DAY	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BACK SQUAT	1	NOTES	NOTES	5MIN						WORK UP TO A NEW 1RM (ONLY IF YOU HAVE SPOTTERS/SAFETY BARS), OR DO AN AMRAP WITH 95%	
REVERSE HYPEREXTENSION	3	10	RPE8	1-2min						FOCUS ON SQUEEZING YOUR GLUTES TO MOVE YOUR LEGS	
LYING LEG CURL	3	12	RPE8	1-2min						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 7